

# Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



A449.15  
F312

UNITED STATES  
DEPARTMENT OF AGRICULTURE  
LIBRARY



BOOK NUMBER

932737

A449.15  
F312

PUTTING POWER BEHIND HEALTH IN 4-H

I. Ideas For What I May Do As A County 4-H Health Leader

1. Help my club determine and carry out a health program.
2. Discuss health program planning in county leaders meetings.
3. Help other clubs in planning a health program.
4. Spearhead some county-wide health project or projects.
5. Help the Extension Service judge health reports.
6. Teach health in talks, demonstrations, exhibits, etc.
7. Practice good health habits myself.
8. Have a good individual 4-H health program and report.
9. \_\_\_\_\_
10. \_\_\_\_\_

II. General Suggestions For Strengthening Health In The 4-H Program

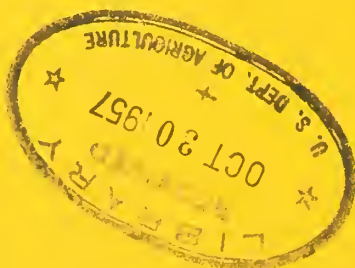
1. Have a health chairman or health officer in each club.
2. Some definite health program planning clubs.
3. Include health in agent and leader training.
4. A definite State program with good materials; also something definite in the way of a county program.
5. Use health resources available--in planning as well as in carrying out activities.
6. Plan ahead of time and make clear arrangements with other persons or agencies with whom you may be cooperating on some activity. Do not just ask them at the last minute and tell them what to do.
7. Bring out the health aspects of various extension programs. This is very important and often overlooked.
8. Think of health as a desirable subject for exhibits, tours, community service activities, talks or essays, demonstrations.
9. \_\_\_\_\_
10. \_\_\_\_\_

### III. Do You Have A Health Chairman Or Committee In Your 4-H Club?

Here are some suggestions for them:

1. See that the heat, light, and ventilation are suitable at the meetings. These promote good physical health.
2. Encourage arrangement of chairs for comfort and good discussion. This helps make for good meetings, and good meetings promote the mental health of the persons attending.
3. Take charge of planning the club's yearly health program.
4. Help plan and carry out the specific health activities of the club.
5. Help the leaders in making arrangements for the specific health activities planned, such as for the tours, fairs, community exhibits, and publicity.
6. Help the leaders assist individual club members in their 4-H health activity work.
7. Help your leaders in making contacts with the various health resources that you may be inviting or using.
8. Teach health in your club program - give demonstrations, call attention to certain facts, give health hints or suggestions.
9. Represent your club on health matters relating to the community.
10. Encourage health improvement in 4-H. Be a promoter for good health. "Health" is one of the 4 H's, you know.
11. Set a good example yourself in your own individual 4-H health record.
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_

---  
AEP - 146 (8-57)





NATIONAL AGRICULTURAL LIBRARY



1022856987